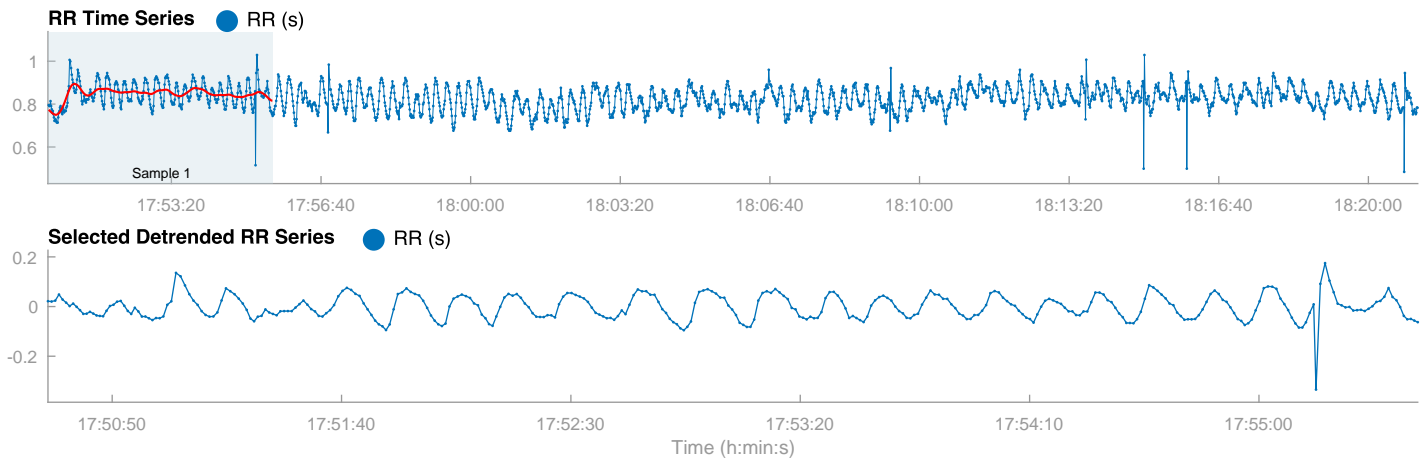


# HRV Results (sample 1)

PAGE 1 / 7

Name/ID: Coco Sollfrank			Measurement Info			Sample Info	
Gender: Female	Height: 173 cm		Date: 02/02/2024	Trend removal:	Smoothn priors	Sample start:	17:50:36
Age: 63 years	Weight: 67 kg		Start time: 17:50:35	Artefact corr.:	none	Sample length:	00:05:00
Max HR: 130 bpm	BMI: 22.4 kg/m2		Duration: 00:30:31	Analysis samples:	7	Beats corrected:	0 (0.00 %)



## AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES

### Parasympathetic Nervous System (PNS)

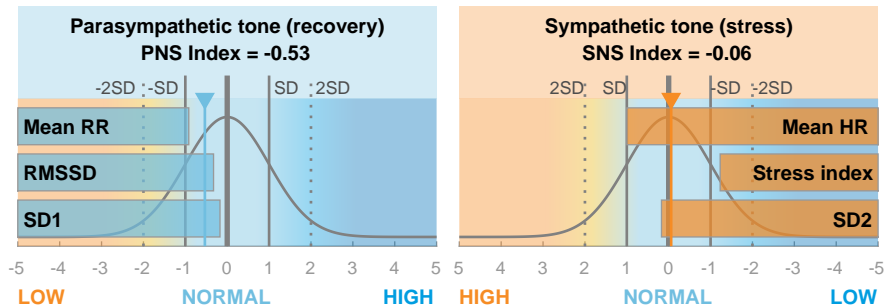
Mean RR      RMSSD      SD1  
843 ms      37.1 ms      29.2%

**PNS Index = -0.53**

### Sympathetic Nervous System (SNS)

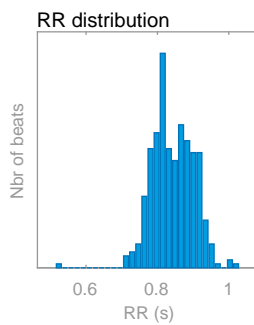
Mean HR      Stress index      SD2  
71 bpm      6.5      70.8%

**SNS Index = -0.06**



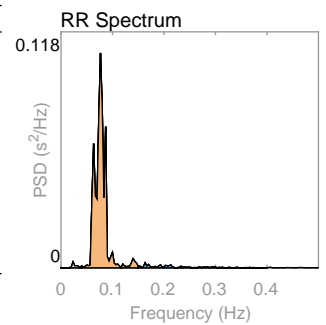
## Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	843
Mean HR*	(bpm)	71
Min HR	(bpm)	62
Max HR	(bpm)	83
SDNN	(ms)	48.6
RMSSD	(ms)	37.1
NN50	(beats)	15
pNN50	(%)	4.24
RR triangular index		11.83
TINN	(ms)	377.0
Stress Index (SI)		6.5



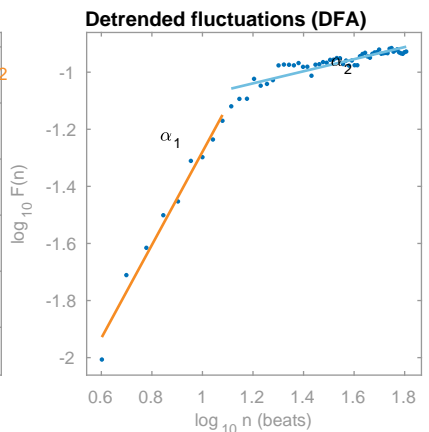
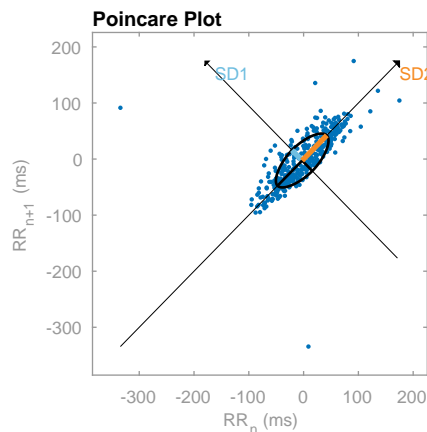
## Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.023	0.077	0.163
Power	(ms <sup>2</sup> )	22	1952	84
Power	(log)	3.099	7.577	4.436
Power	(%)	1.08	94.82	4.10
Power	(n.u.)		95.85	4.15
Total power		(ms <sup>2</sup> )	2059	
Total Power		(log)	7.630	
LF/HF ratio			23.121	
RESP		(Hz)	-	



## Nonlinear Results

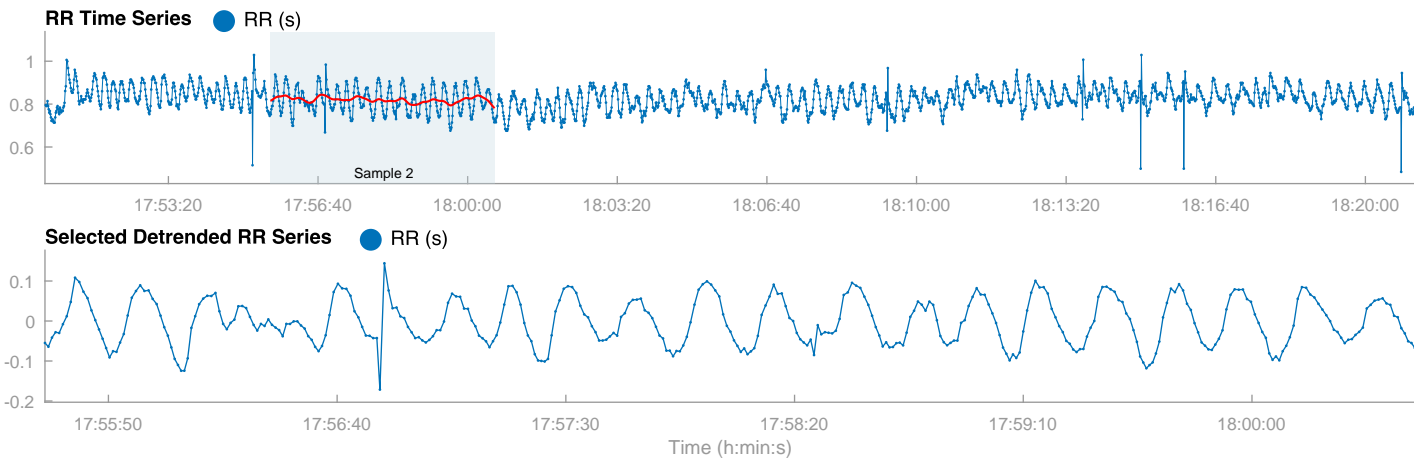
Variable	Units	Value
Poincare Plot		
SD1	(ms)	26.3
SD2	(ms)	63.6
SD2/SD1		2.419
Approximate Entropy (ApEn)		0.862
Sample Entropy (SampEn)		0.934
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.631
Long-term fluctuations, $\alpha_2$		0.212



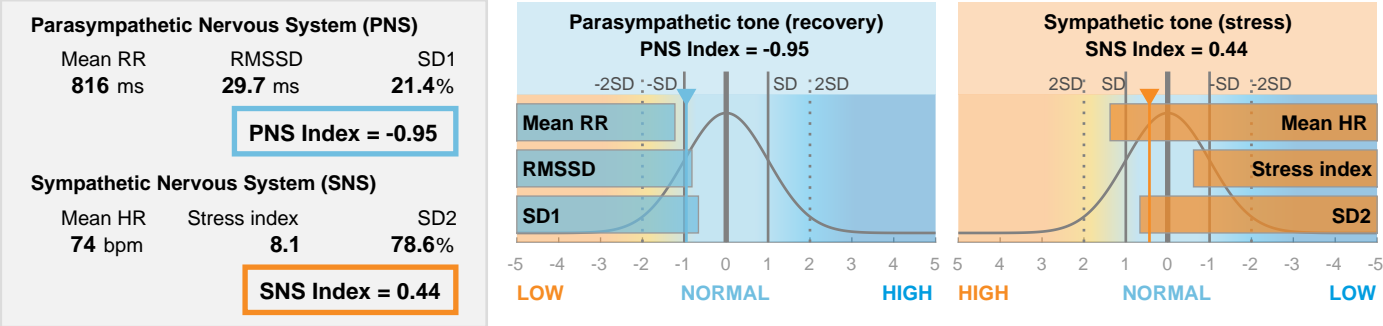
\*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 2)

Name/ID: Coco Sollfrank			Measurement Info			Sample Info	
Gender: Female	Height: 173 cm		Date: 02/02/2024	Trend removal:	Smoothn priors	Sample start:	17:55:36
Age: 63 years	Weight: 67 kg		Start time: 17:50:35	Artefact corr.:	none	Sample length:	00:05:00
Max HR: 130 bpm	BMI: 22.4 kg/m2		Duration: 00:30:31	Analysis samples:	7	Beats corrected:	0 (0.00 %)

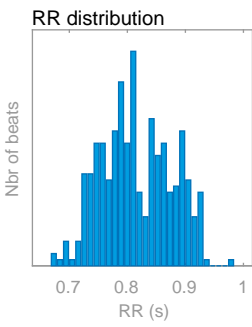


AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES



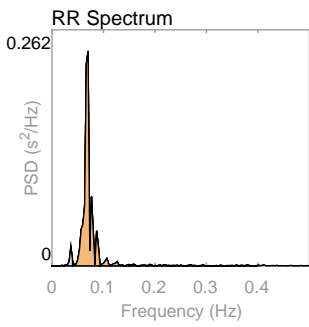
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	816
Mean HR*	(bpm)	74
Min HR	(bpm)	65
Max HR	(bpm)	87
SDNN	(ms)	56.7
RMSSD	(ms)	29.7
NN50	(beats)	18
pNN50	(%)	4.90
RR triangular index		16.73
TINN	(ms)	277.0
Stress Index (SI)		8.1



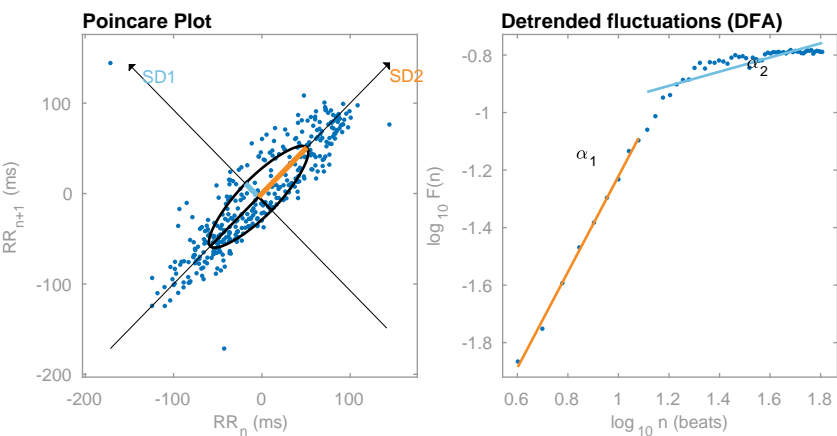
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.070	0.190
Power	(ms <sup>2</sup> )	104	2916	94
Power	(log)	4.645	7.978	4.543
Power	(%)	3.34	93.63	3.02
Power	(n.u.)		96.86	3.12
Total power		(ms <sup>2</sup> )	3115	
Total Power		(log)	8.044	
LF/HF ratio			31.031	
RESP		(Hz)	-	



Nonlinear Results

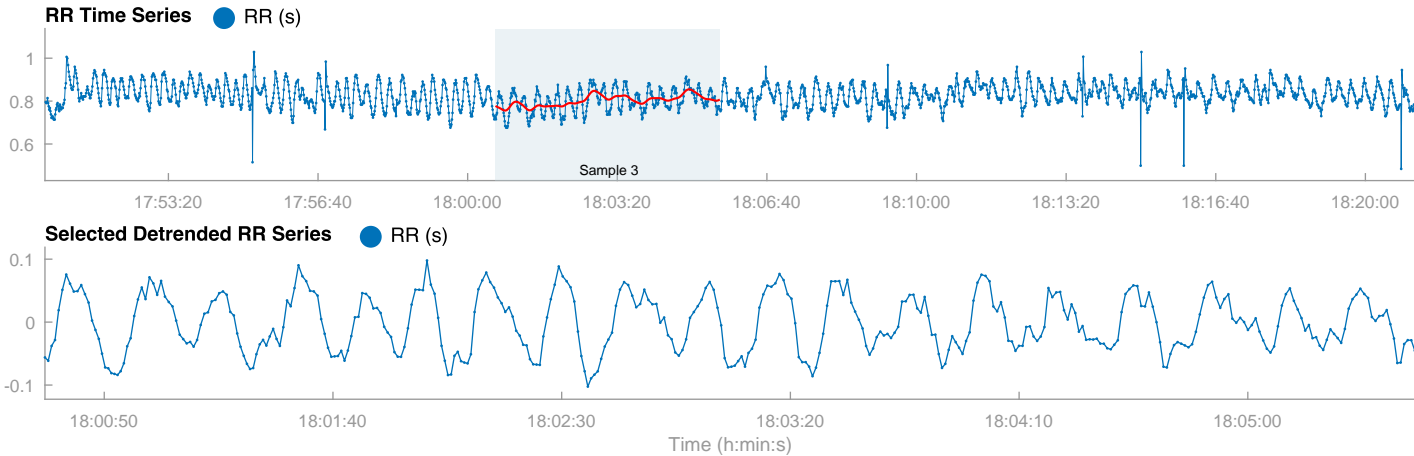
Variable	Units	Value
Poincare Plot		
SD1	(ms)	21.1
SD2	(ms)	77.3
SD2/SD1		3.674
Approximate Entropy (ApEn)		0.909
Sample Entropy (SampEn)		0.949
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.667
Long-term fluctuations, $\alpha_2$		0.246



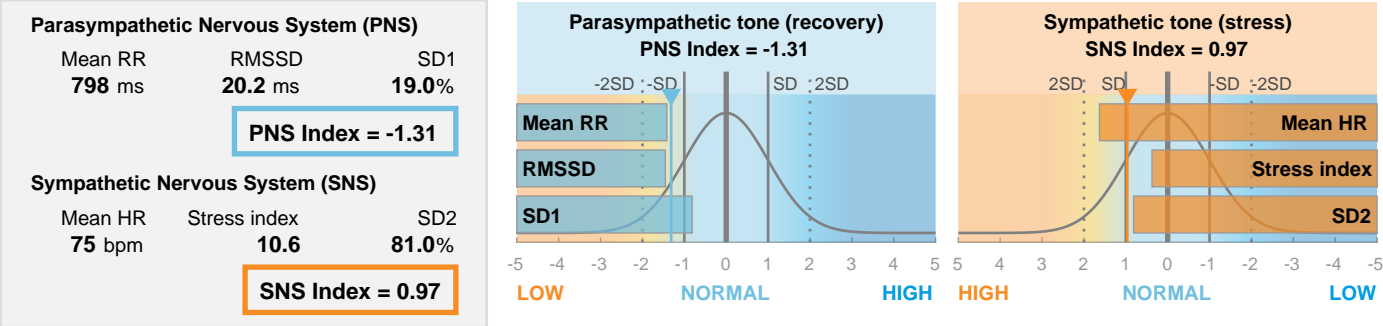
\*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 3)

Name/ID: Coco Sollfrank			Measurement Info			Sample Info	
Gender:	Female	Height:	173 cm	Date:	02/02/2024	Trend removal:	Smoothn priors
Age:	63 years	Weight:	67 kg	Start time:	17:50:35	Artefact corr.:	none
Max HR:	130 bpm	BMI:	22.4 kg/m2	Duration:	00:30:31	Analysis samples:	7
						Sample start:	18:00:37
						Sample length:	00:05:00
						Beats corrected:	0 (0.00 %)

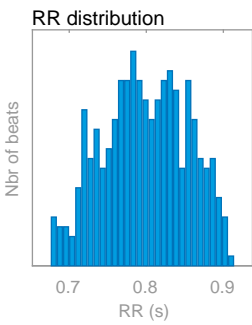


AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES



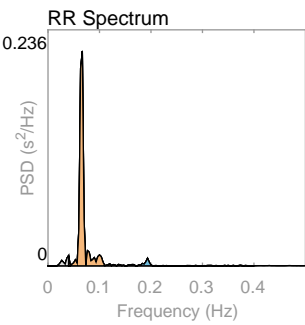
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	798
Mean HR*	(bpm)	75
Min HR	(bpm)	67
Max HR	(bpm)	88
SDNN	(ms)	44.3
RMSSD	(ms)	20.2
NN50	(beats)	6
pNN50	(%)	1.60
RR triangular index		12.13
TINN	(ms)	192.0
Stress Index (SI)		10.6



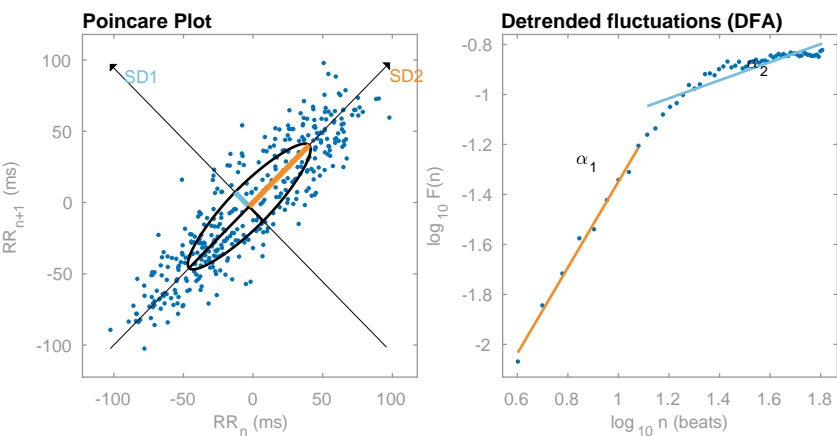
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.067	0.193
Power	(ms <sup>2</sup> )	89	2019	117
Power	(log)	4.484	7.610	4.758
Power	(%)	3.98	90.77	5.24
Power	(n.u.)		94.54	5.46
Total power		(ms <sup>2</sup> )	2224	
Total Power		(log)	7.707	
LF/HF ratio			17.320	
RESP		(Hz)	-	



Nonlinear Results

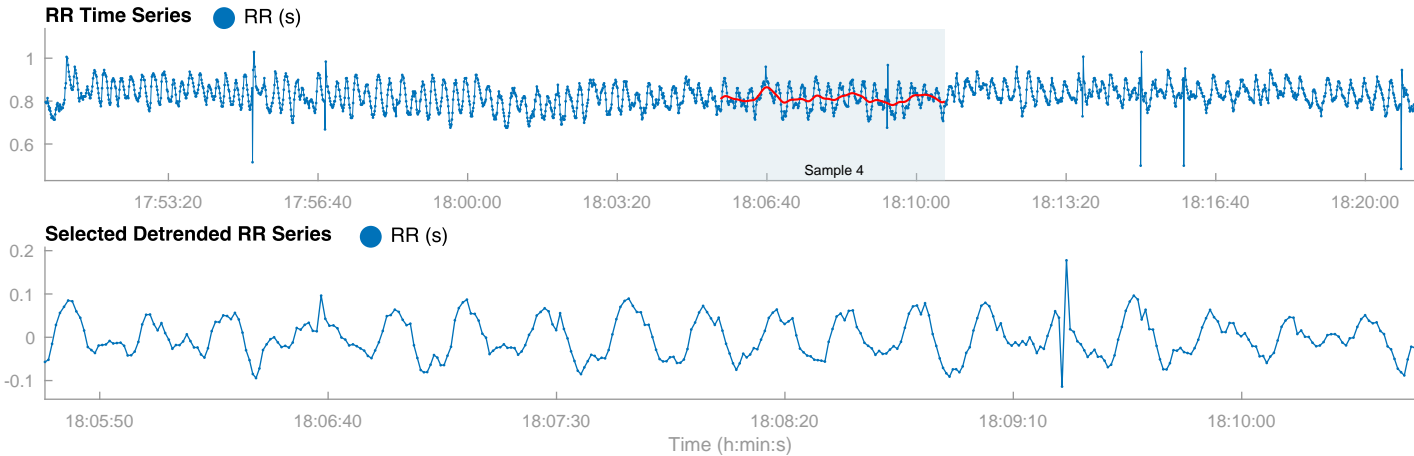
Variable	Units	Value
Poincare Plot		
SD1	(ms)	14.3
SD2	(ms)	61.0
SD2/SD1		4.266
Approximate Entropy (ApEn)		1.029
Sample Entropy (SampEn)		1.166
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.719
Long-term fluctuations, $\alpha_2$		0.361



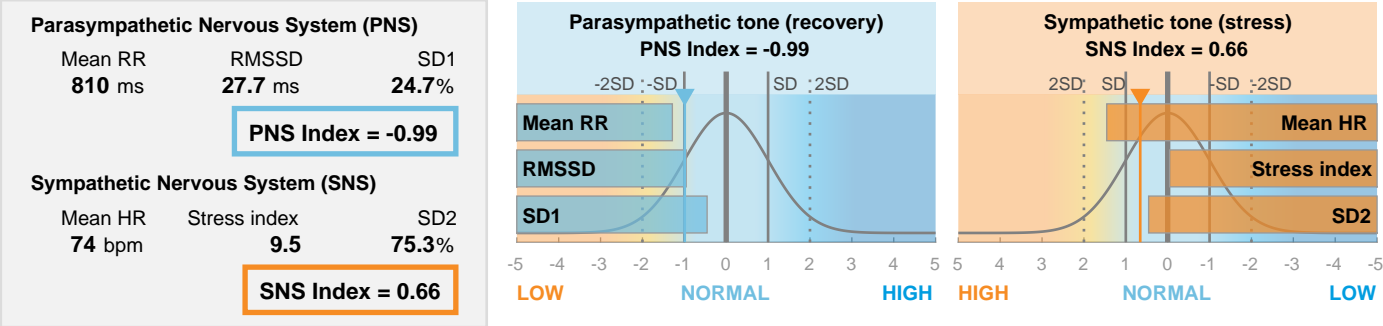
\*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 4)

Name/ID: Coco Sollfrank			Measurement Info			Sample Info	
Gender:	Female	Height:	173 cm	Date:	02/02/2024	Trend removal:	Smoothn priors
Age:	63 years	Weight:	67 kg	Start time:	17:50:35	Artefact corr.:	none
Max HR:	130 bpm	BMI:	22.4 kg/m2	Duration:	00:30:31	Analysis samples:	7
						Sample start:	18:05:38
						Sample length:	00:05:00
						Beats corrected:	0 (0.00 %)

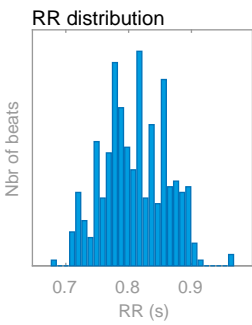


AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES



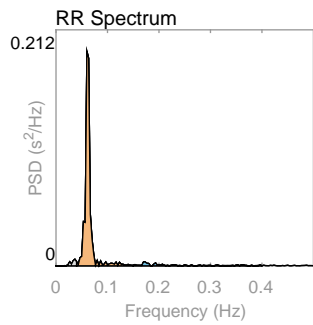
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	810
Mean HR*	(bpm)	74
Min HR	(bpm)	66
Max HR	(bpm)	84
SDNN	(ms)	44.4
RMSSD	(ms)	27.7
NN50	(beats)	6
pNN50	(%)	1.62
RR triangular index		10.03
TINN	(ms)	225.0
Stress Index (SI)		9.5



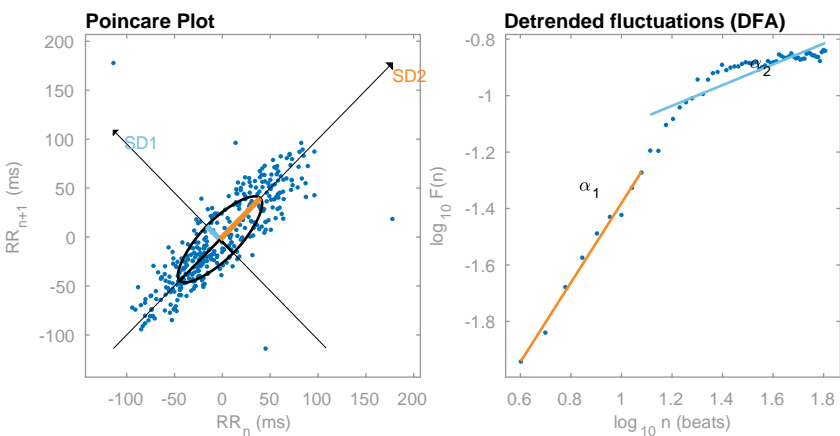
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.037	0.060	0.170
Power	(ms <sup>2</sup> )	62	1983	137
Power	(log)	4.124	7.593	4.924
Power	(%)	2.83	90.86	6.30
Power	(n.u.)		93.51	6.48
Total power		(ms <sup>2</sup> )	2183	
Total Power		(log)	7.688	
LF/HF ratio			14.427	
RESP		(Hz)	-	



Nonlinear Results

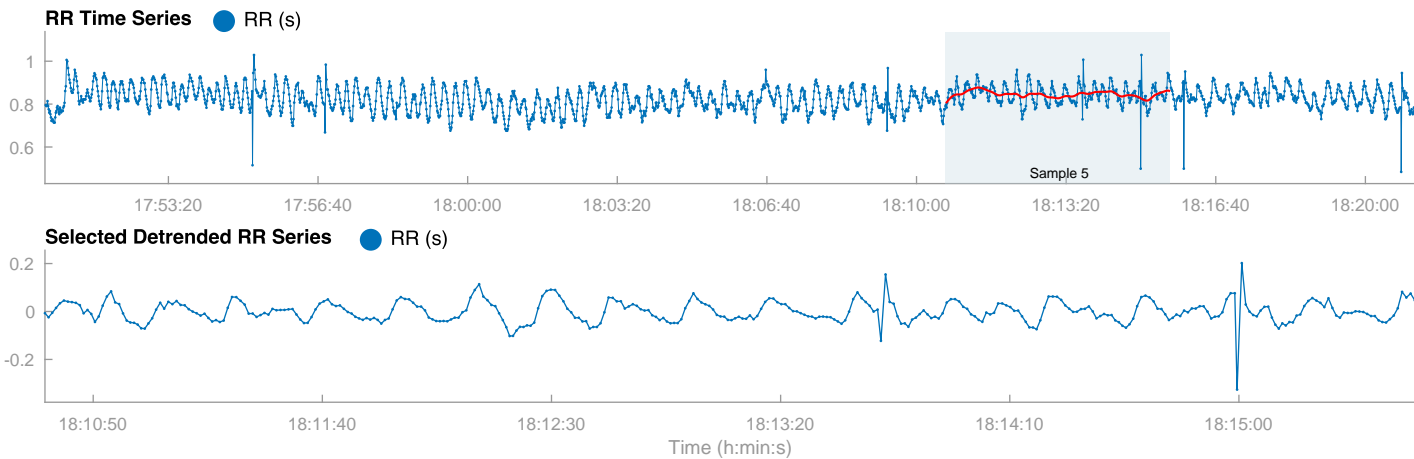
Variable	Units	Value
Poincare Plot		
SD1	(ms)	19.6
SD2	(ms)	59.7
SD2/SD1		3.047
Approximate Entropy (ApEn)		0.979
Sample Entropy (SampEn)		1.080
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.407
Long-term fluctuations, $\alpha_2$		0.367



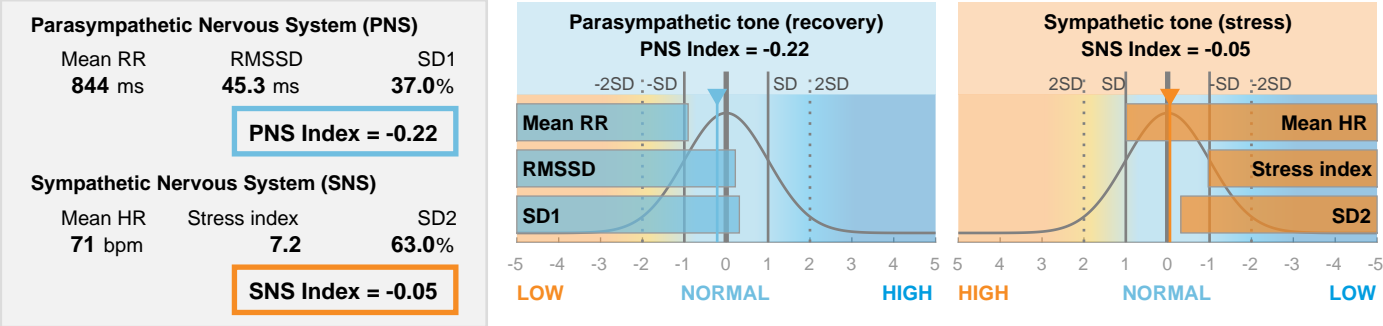
\*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 5)

Name/ID: Coco Sollfrank				Measurement Info				Sample Info	
Gender:	Female	Height:	173 cm	Date:	02/02/2024	Trend removal:	Smoothn priors	Sample start:	18:10:39
Age:	63 years	Weight:	67 kg	Start time:	17:50:35	Artefact corr.:	none	Sample length:	00:05:00
Max HR:	130 bpm	BMI:	22.4 kg/m2	Duration:	00:30:31	Analysis samples:	7	Beats corrected:	0 (0.00 %)

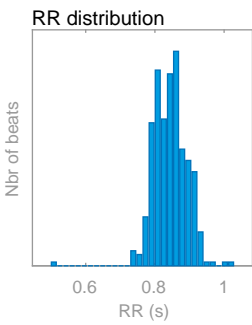


AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES



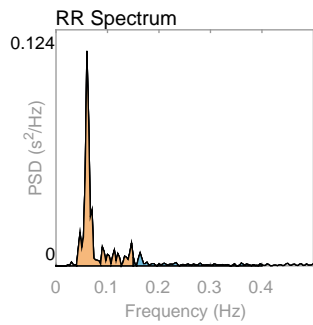
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	844
Mean HR*	(bpm)	71
Min HR	(bpm)	65
Max HR	(bpm)	80
SDNN	(ms)	44.7
RMSSD	(ms)	45.3
NN50	(beats)	18
pNN50	(%)	5.08
RR triangular index		11.45
TINN	(ms)	374.0
Stress Index (SI)		7.2



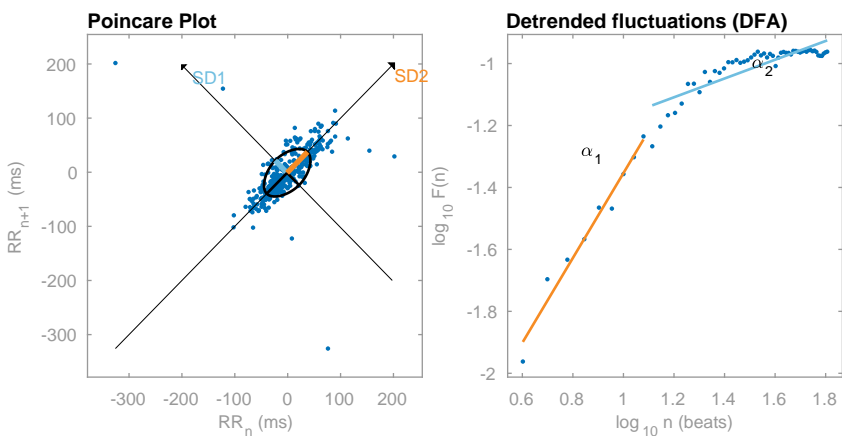
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.030	0.060	0.163
Power	(ms <sup>2</sup> )	14	1504	201
Power	(log)	2.666	7.316	5.302
Power	(%)	0.84	87.46	11.67
Power	(n.u.)		88.20	11.77
-----				
Total power	(ms <sup>2</sup> )	1719		
Total Power	(log)	7.450		
LF/HF ratio		7.492		
RESP	(Hz)	-		



Nonlinear Results

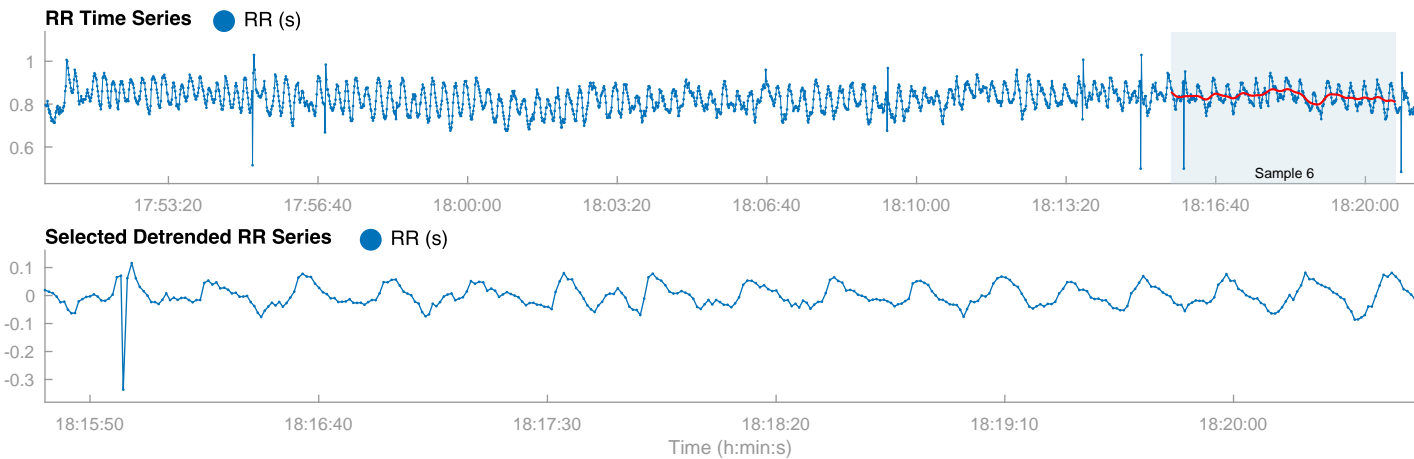
Variable	Units	Value
Poincare Plot		
SD1	(ms)	32.1
SD2	(ms)	54.5
SD2/SD1		1.700
Approximate Entropy (ApEn)		1.023
Sample Entropy (SampEn)		1.122
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.369
Long-term fluctuations, $\alpha_2$		0.303



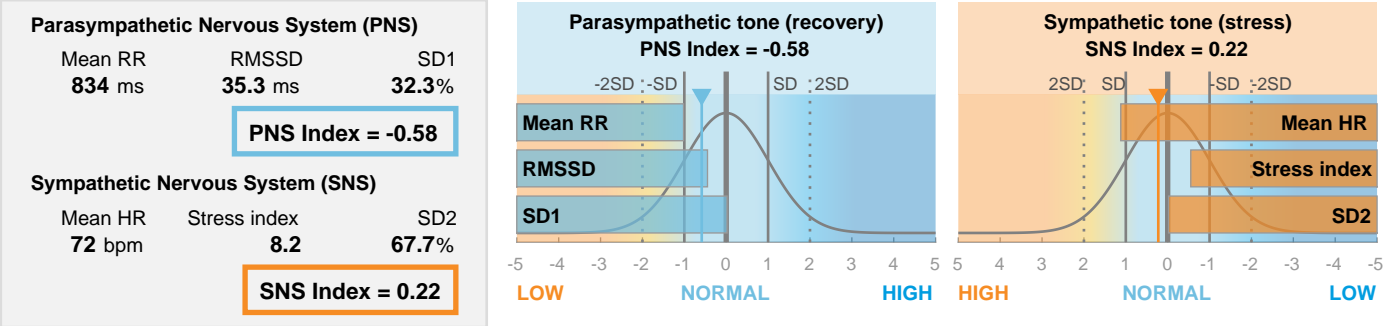
\*Results are calculated from the non-detrended selected RR series.

HRV Results (sample 6)

Name/ID: Coco Sollfrank			Measurement Info			Sample Info	
Gender: Female	Height: 173 cm		Date: 02/02/2024	Trend removal:	Smoothn priors	Sample start:	18:15:40
Age: 63 years	Weight: 67 kg		Start time: 17:50:35	Artefact corr.:	none	Sample length:	00:05:00
Max HR: 130 bpm	BMI: 22.4 kg/m2		Duration: 00:30:31	Analysis samples:	7	Beats corrected:	0 (0.00 %)

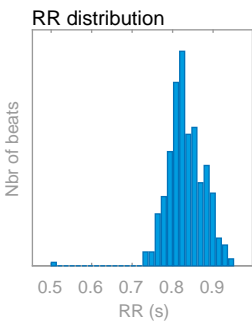


AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES



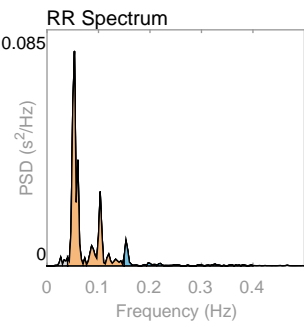
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	834
Mean HR*	(bpm)	72
Min HR	(bpm)	65
Max HR	(bpm)	81
SDNN	(ms)	40.9
RMSSD	(ms)	35.3
NN50	(beats)	11
pNN50	(%)	3.06
RR triangular index		9.00
TINN	(ms)	334.0
Stress Index (SI)		8.2



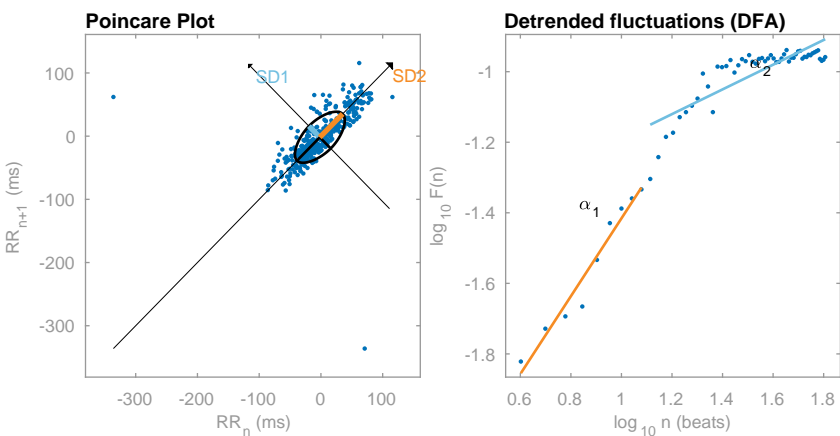
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.027	0.053	0.153
Power	(ms <sup>2</sup> )	33	1067	113
Power	(log)	3.509	6.973	4.730
Power	(%)	2.75	87.91	9.33
Power	(n.u.)		90.40	9.59
-----				
Total power	(ms <sup>2</sup> )	1214		
Total Power	(log)	7.102		
LF/HF ratio		9.423		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	25.0
SD2	(ms)	52.3
SD2/SD1		2.092
Approximate Entropy (ApEn)		0.994
Sample Entropy (SampEn)		1.089
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.103
Long-term fluctuations, $\alpha_2$		0.350

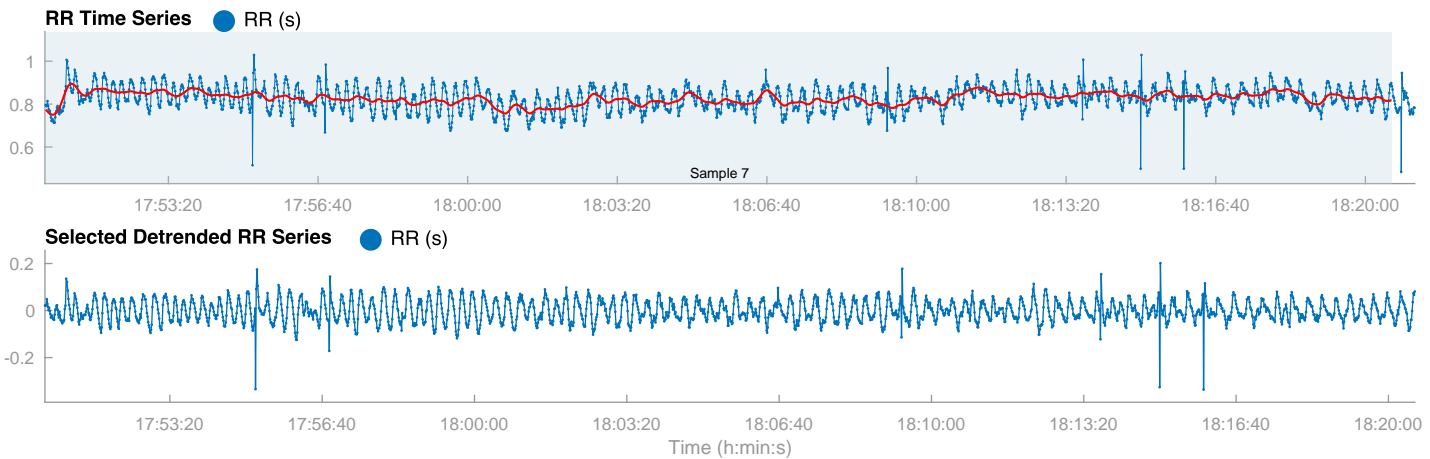


\*Results are calculated from the non-detrended selected RR series.

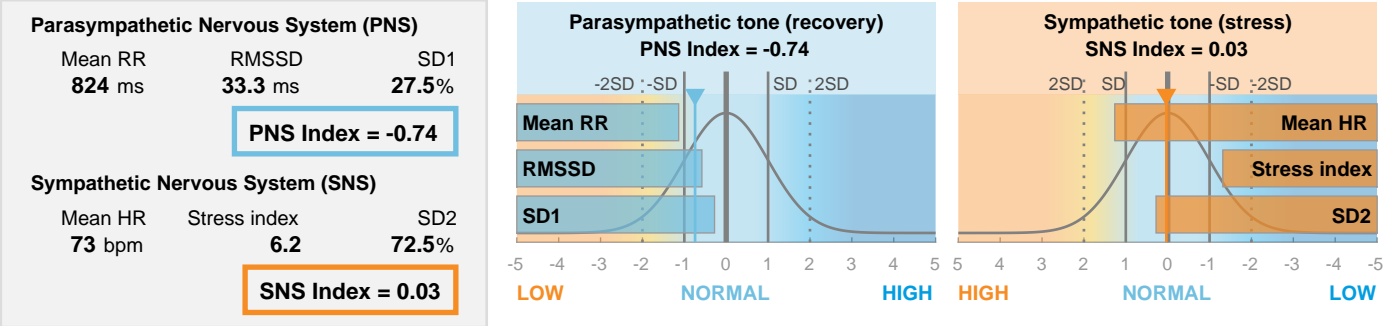


HRV Results (sample 7)

Name/ID: Coco Sollfrank				Measurement Info				Sample Info	
Gender:	Female	Height:	173 cm	Date:	02/02/2024	Trend removal:	Smoothn priors	Sample start:	17:50:36
Age:	63 years	Weight:	67 kg	Start time:	17:50:35	Artefact corr.:	none	Sample length:	00:30:00
Max HR:	130 bpm	BMI:	22.4 kg/m2	Duration:	00:30:31	Analysis samples:	7	Beats corrected:	0 (0.00 %)

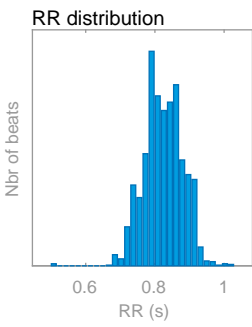


AUTONOMIC NERVOUS SYSTEM (ANS) INDEXES



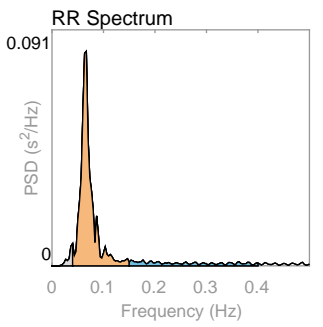
Time-Domain Results

Variable	Units	Value
Mean RR*	(ms)	824
Mean HR*	(bpm)	73
Min HR	(bpm)	62
Max HR	(bpm)	88
SDNN	(ms)	46.9
RMSSD	(ms)	33.3
NN50	(beats)	74
pNN50	(%)	3.39
RR triangular index		13.16
TINN	(ms)	385.0
Stress Index (SI)		6.2



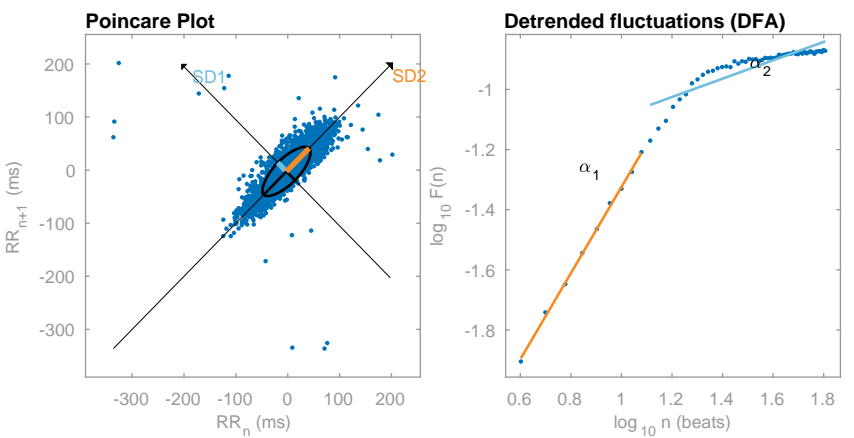
Frequency-Domain Results (FFT spectrum)

Variable	Units	VLF	LF	HF
Frequency band	(Hz)	0.00-0.04	0.04-0.15	0.15-0.40
Peak frequency	(Hz)	0.040	0.067	0.177
Power	(ms <sup>2</sup> )	69	1794	248
Power	(log)	4.228	7.492	5.513
Power	(%)	3.25	84.97	11.74
Power	(n.u.)		87.82	12.13
-----				
Total power	(ms <sup>2</sup> )	2111		
Total Power	(log)	7.655		
LF/HF ratio		7.238		
RESP	(Hz)	-		



Nonlinear Results

Variable	Units	Value
Poincare Plot		
SD1	(ms)	23.6
SD2	(ms)	61.9
SD2/SD1		2.630
Approximate Entropy (ApEn)		1.112
Sample Entropy (SampEn)		1.068
Detrended Fluctuation Analysis (DFA)		
Short-term fluctuations, $\alpha_1$		1.432
Long-term fluctuations, $\alpha_2$		0.305



\*Results are calculated from the non-detrended selected RR series.